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HINTS

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PREVENT CHOLERA

ALSO AS TO

ITS TREATMENT

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ITS TREATMENT

PRESENTED BY

The Mutual Life Insurance Company of New York

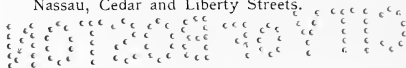
RICHARD A McCURDY, PRESIDENT

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Mrs. Lydia B. [unclear]
through Messrs. J. B. + C. H. Bartlett, Esq.
Mar. 20, 1872



THE MUTUAL LIFE BUILDING,
Nassau, Cedar and Liberty Streets.



THE MUTUAL LIFE INSURANCE CO.

OF NEW YORK,

NASSAU, CEDAR AND LIBERTY STREETS.

NEW YORK, September 1, 1892.

To the Policy-holders and others :

In view of the fact that cholera has lately made its appearance in several parts of Europe, where many of our policy-holders are traveling, and of the possibility of its reaching these shores, it has been deemed proper to give such suggestions concerning this disease as past experience in this country, as well as in Europe, has developed.

That this information may embrace the important results of recent scientific and medical enquiry, and be placed in the best form for popular use, our Medical Directors have furnished the following suggestions, which, it is

hoped, may be useful in preventing this disease, or, should it unfortunately appear, may suggest important remedies.

RICHARD A. MCCURDY,

President.

Cholera is a disease which exists at all seasons of the year in some parts of the world, from which it is capable of being disseminated or propagated through the atmosphere or in other ways—mainly by means of intercourse between healthy and sick. Under favorable conditions for its growth it has lately become epidemic in certain points.

During hot seasons but little rain usually falls, and mere showers of rain are dangerous, as they simply give enough moisture to the surface of the soil to favor the development of a disease like cholera. Copious rains and heavy floods, however, have been considered as destroyers of the disease by drowning it out. The latter part of Summer and early Autumn have generally been the worst seasons for this disease. The poison of

cholera is contained, beyond all else, in the discharges of the sick ; and the soil into which these discharges are poured is the source which we should fear most, as there is always danger that water from wells and streams may be thus tainted. The idea that the poison of cholera is in the air can only be maintained on the ground that it may be carried from places where cholera discharges have accumulated. Cholera is not carried great distances from the infected spot. The poison, however, does unquestionably remain for a long time in linen, bedding, and the clothes of the sick if they are not properly cleansed and fumigated. The best way, of course, is to burn all such articles, but where that cannot be done, have them thoroughly disinfected under the supervision of persons who understand such matters, if available. Bedding and linen may be easily disinfected by immersing and boiling in a solution as follows :

Sulphate of Zinc, four ounces.

Common Salt, two ounces.

Water, one gallon.

Fear is the great promoter of this disease and the public should be impressed with the fact that cholera is *not* a highly contagious disease from atmospheric conditions, and as it comes mainly from articles which have been in contact with the sick and which have not been destroyed or properly disinfected, the greatest cleanliness and care in diet is all that is needed to protect the general public.

As Florence Nightingale remarks: "The great preventive is to put the earth, air and water and buildings into a healthy state by scavenging, lime-washing and every kind of sanitary work, and, if cholera does come, to move the people from the places where the disease has broken out and then to cleanse."

Vigorously enforce sanitary measures, *e. g.*, scavenge, wash, cleanse and limewash; remove all putrid human refuse from privies

and cesspits, and cesspools and dustbins; look to stables and cowsheds and pigsties; look to common lodging houses and crowded places, dirty houses and yards. "Set your house in order" in all ways sanitary and hygienic, according to the conditions of the place, and "all will be well."

We would add that at times of cholera epidemics diarrhœal and intestinal troubles of the milder types are much more prevalent than at other times. Consequently it behooves all to pay more attention to such trivial ailments than at a time when no such epidemic threatens.

We advise as precautionary measures, in addition to these hereunto presented, that particular attention be given to personal cleanliness by daily bathing, and that flannel be worn next to the bowels. Upon any indication of bowel trouble, send for a physician. If he is inaccessible, take some such remedy as the following familiar mixture:

RECIPE.

Tincture of Opium, one-half ounce.

Tincture of Red Pepper, one-half ounce.

Spirits of Camphor, one-half ounce.

Chloroform, one and one-half drachms.

Alcohol, a sufficient quantity mixed to make two and one-half ounces.

DOSE.—(20) twenty to (40) forty drops in a wine glass of water, every two or three hours, according to necessity.

At the same time all the remedial and preventive measures indicated in the suggestive memorandum of Dr. Koch, the discoverer of the cholera microbe, should be observed. The memorandum is as follows:

“Cholera is propagated by people, and is communicated almost without exception by direct contact with human beings or the articles they wear.

“In time of cholera it is necessary to lead a regular life, experience showing that digestive derangements promote the outbreak of cholera. Excess in eating and drinking should

therefore be avoided, as also heavy food, which may produce diarrhoea. Send for a doctor as soon as the latter appears. Swallow no food coming from an infected house. Articles coming from an unknown quarter should be cooked; I mention milk in particular. All water defiled by man should be prohibited. Doubtful water to be avoided is that coming from shallow wells in inhabited spots, and marshes, ponds, brooks, or watercourses receiving and conveying contaminated water. Water is considered especially dangerous which in any way has been defiled by choleraic evacuations.

“As a corollary of the foregoing it may be added that water used in washing dishes and linen should not be thrown into wells or streams or the vicinity of them. When it is impossible to obtain water pure the simplest plan is to boil it. This refers not merely to drinking, but to kitchen water, for the choleraic germ may be transmitted when in water to the person using it for washing linen or

dishes, or for preparing food or for ablutions. The chief lesson from this remark is that water drank is not the only vehicle of the choleraic germ. That water is pure or boiled is not an absolute safeguard.

“Any case of cholera may become a centre of infection. The patient should be removed and unnecessary contact avoided. In time of cholera avoid large gatherings, such as fairs, festivals, and meetings. In rooms where there are choleraic patients eat and drink nothing.

“Choleraic evacuations should be collected in vessels containing a solution of carbolic acid. The apartments of choleraic patients should be left uninhabited for six days. Persons having had contact with patients should wash their hands in soap and water and a solution of carbolic acid.

“In case of death the body should be immediately removed, and the funeral should be as plain as possible. The procession should not enter a dead-house. Articles

used by patients should not be transported till after disinfection. Laundresses should not take the linen of patients unless disinfected.

“Precautions other than the above are either unknown or not recommended.”

In conclusion it is well to mention some of the most important phenomena associated with true cholera.

In the first place, the *Mortality* varies with each epidemic, but the average is not above fifty per cent. of those attacked. Toward the end of an epidemic it diminishes, seeming to wear itself out.

Epidemics vary in their duration. Thus, in certain localities it will exhaust itself in about three weeks, but at times it will continue several months, and even apparently disappear, only to return again the next year. In the individual attacked it has a period of incubation of from two to eight days, and when it manifests itself it lasts from two and a half to nine days. If the attack is to prove fatal it will end in two or three days.

The symptoms are very clear during an epidemic. They consist of copious watery stools of rice water character, generally followed by cramps, exhaustion, low temperature, and pinched countenance.

It is very important, therefore, to remember this, for if *the diarrhœa be checked at once, when the disease just commences and is painless, it may be cured almost invariably. No delay, or hesitation, or trifling can be afforded at this period, without the most imminent danger.*

The best way to check this commencing diarrhœa, is to take a hypodermic injection of ten (10) drops of Magendies Solution of Morphine, or if that is not obtainable from a physician, take a teaspoonful of the remedy recommended above for diarrhœa. IN ALL INSTANCES SEND AT ONCE FOR THE PHYSICIAN.

We add the recommendations of the New York City Board of Health, which we also endorse most highly :

PREVENTION OF CHOLERA EASIER THAN CURE.

HOW CAUGHT.

“ Healthy persons ‘ catch ’ cholera by taking into their systems through the mouth, as in their food or drink, or from their hands, knives, forks, plates, tumblers, clothing, etc., the germs of the disease which are always present in the discharges from the stomach and bowels of those sick with cholera.

Thorough cooking destroys the cholera germs, therefore :

Don’t eat raw, uncooked articles of any kind, not even milk.

Don’t eat or drink to excess. Use plain, wholesome, digestible food, as indigestion and diarrhœa favor an attack of cholera.

Don’t drink unboiled water.

Don’t eat or drink articles unless they have been thoroughly and recently cooked or boiled,

and the more recent and hotter they are, the safer.

Don't employ utensils in eating or drinking unless they have been recently put in boiling water; the more recent the safer.

Don't eat or handle food or drink with unwashed hands, or receive it from the unwashed hands of others.

Don't use the hands for any purpose when soiled with cholera discharges; thoroughly cleanse them at once.

Personal cleanliness, and cleanliness of the living and sleeping rooms and their contents, and thorough ventilation, should be rigidly enforced. Foul water-closets, sinks, croton faucets, cellars, etc., should be avoided, and when present should be referred to the Health Board at once, and remedied.

PRECAUTIONARY MEASURES OF TREATMENT.

The successful treatment and the prevention of the spread of this disease demand that its earliest manifestations be promptly recognized and treated, therefore:

Don't doctor yourself for bowel complaint, but go to bed and send for the nearest physician at once. Send for your family physician; send to a dispensary or hospital; send to the Health Department; send to the nearest police station for medical aid.

Don't wait, but send at once. If taken ill in the street, seek the nearest drug store, dispensary, hospital or police station, and demand prompt medical attention.

Don't permit vomit or diarrhoeal discharges to come in contact with food, drink or clothing. These discharges should be received in proper vessels, and kept covered until removed under competent directions. Pour boiling water on them, put a strong solution of carbolic acid in them (not less than one part of acid to twenty of hot soapsuds or water).

Don't wear, handle or use any articles of clothing or furniture that are soiled with cholera discharges. Pour boiling water on them or put them into it, and scrub them with the carbolic acid solution mentioned above,

and promptly request the Health Board to remove them.

Don't be frightened, but do be cautious, and avoid excesses and unnecessary exposures of every kind."

G. S. WINSTON, M. D.

ELIAS J. MARSH, M. D.

G. M. WHITE, M. D.

Medical Directors.





